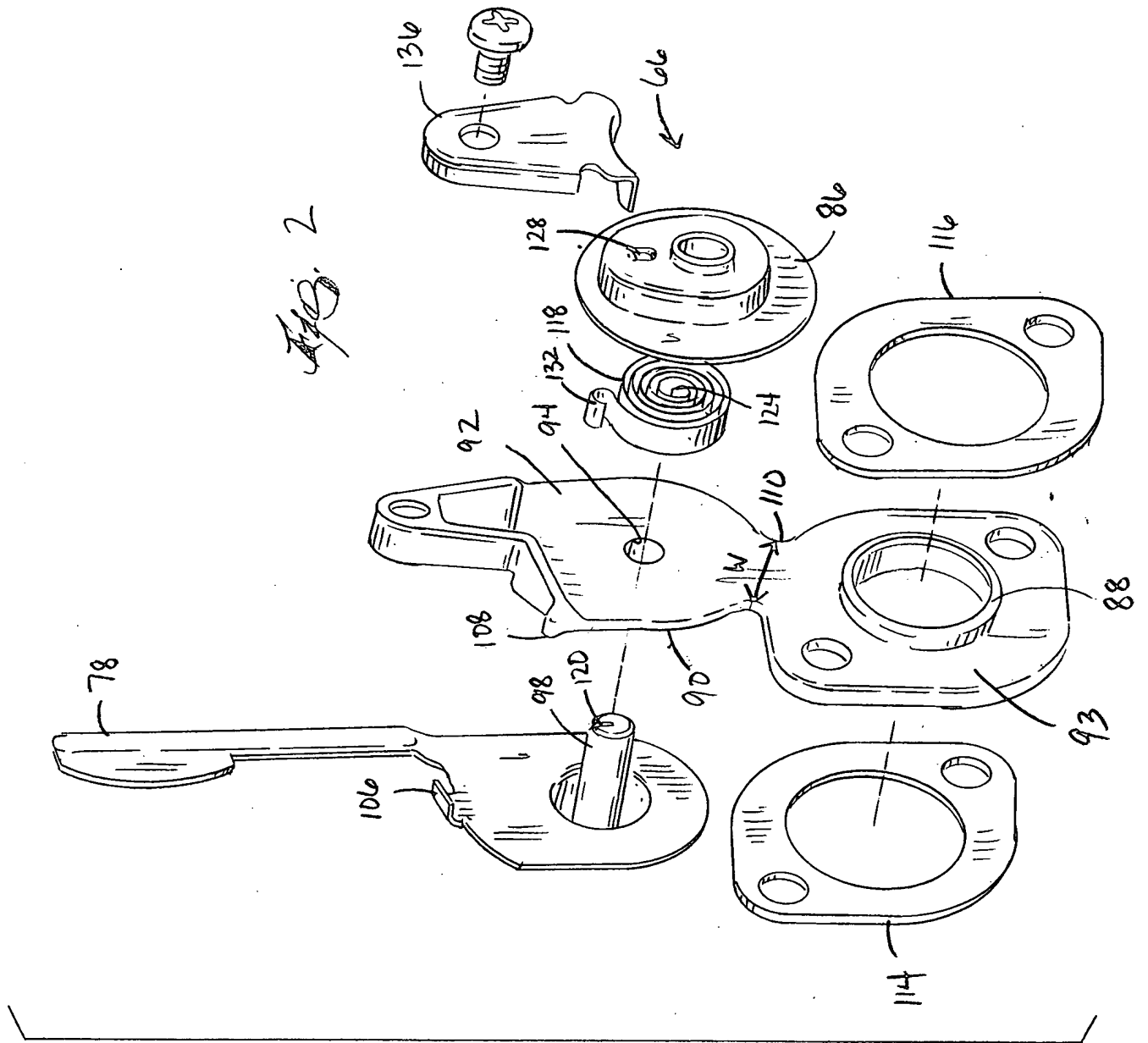
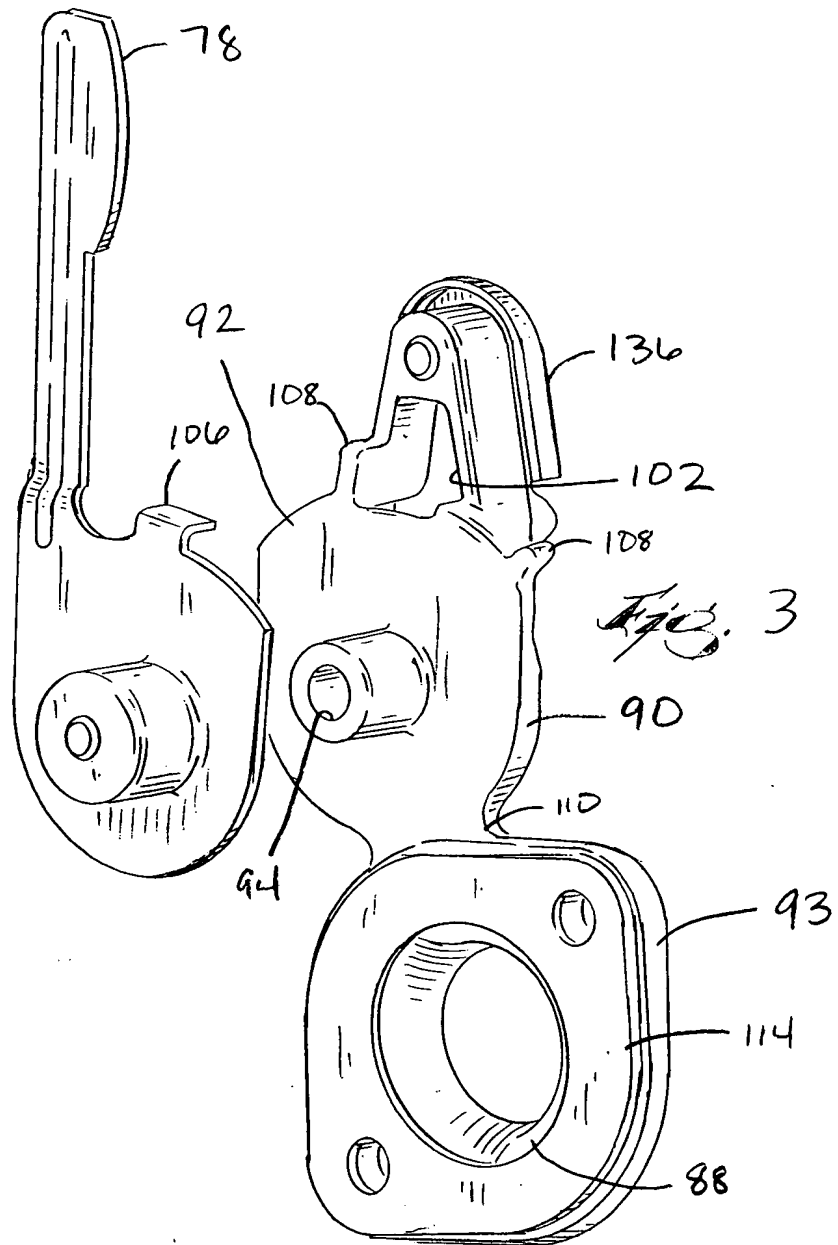
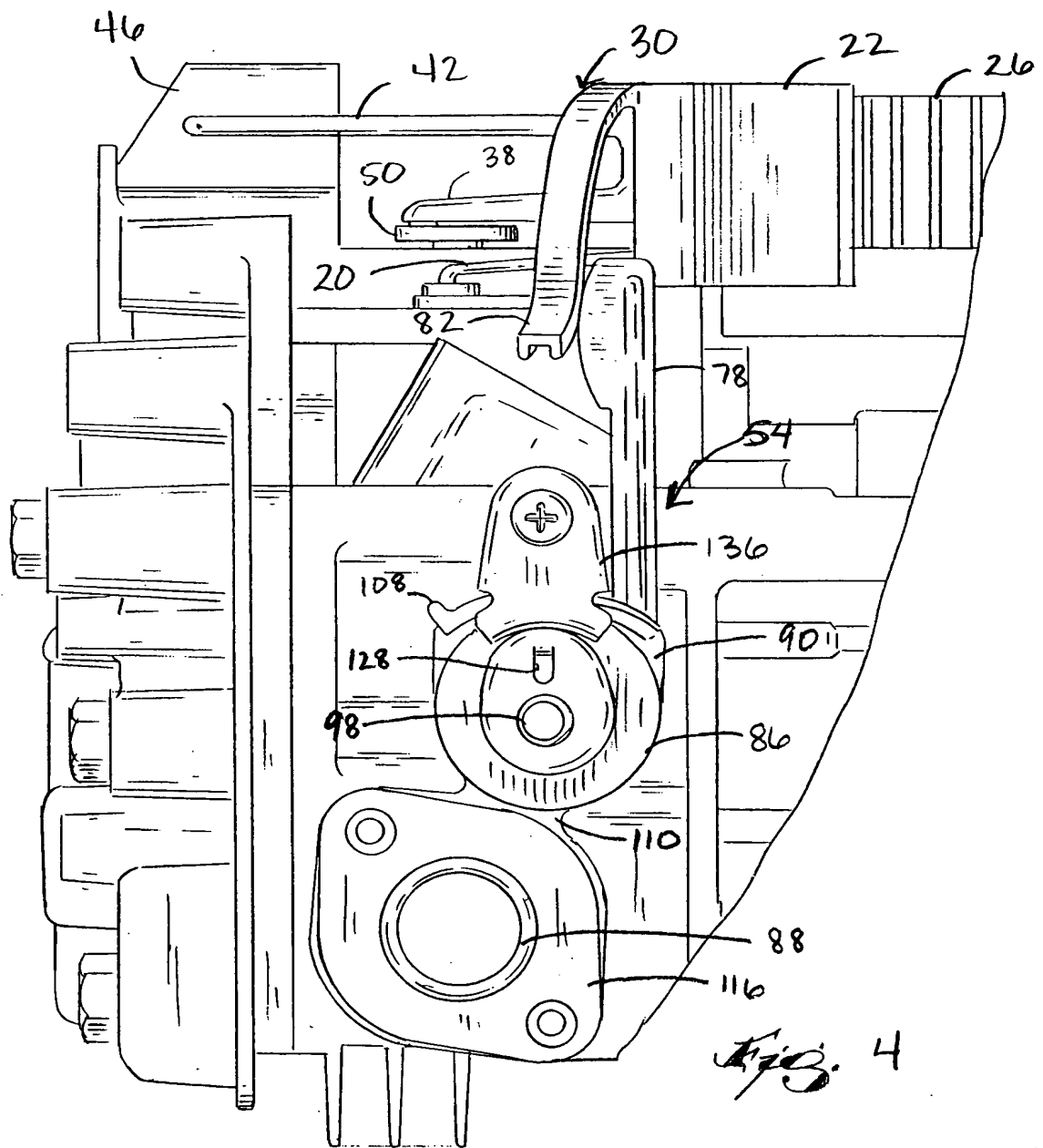


Fig. 1

Fig. 2







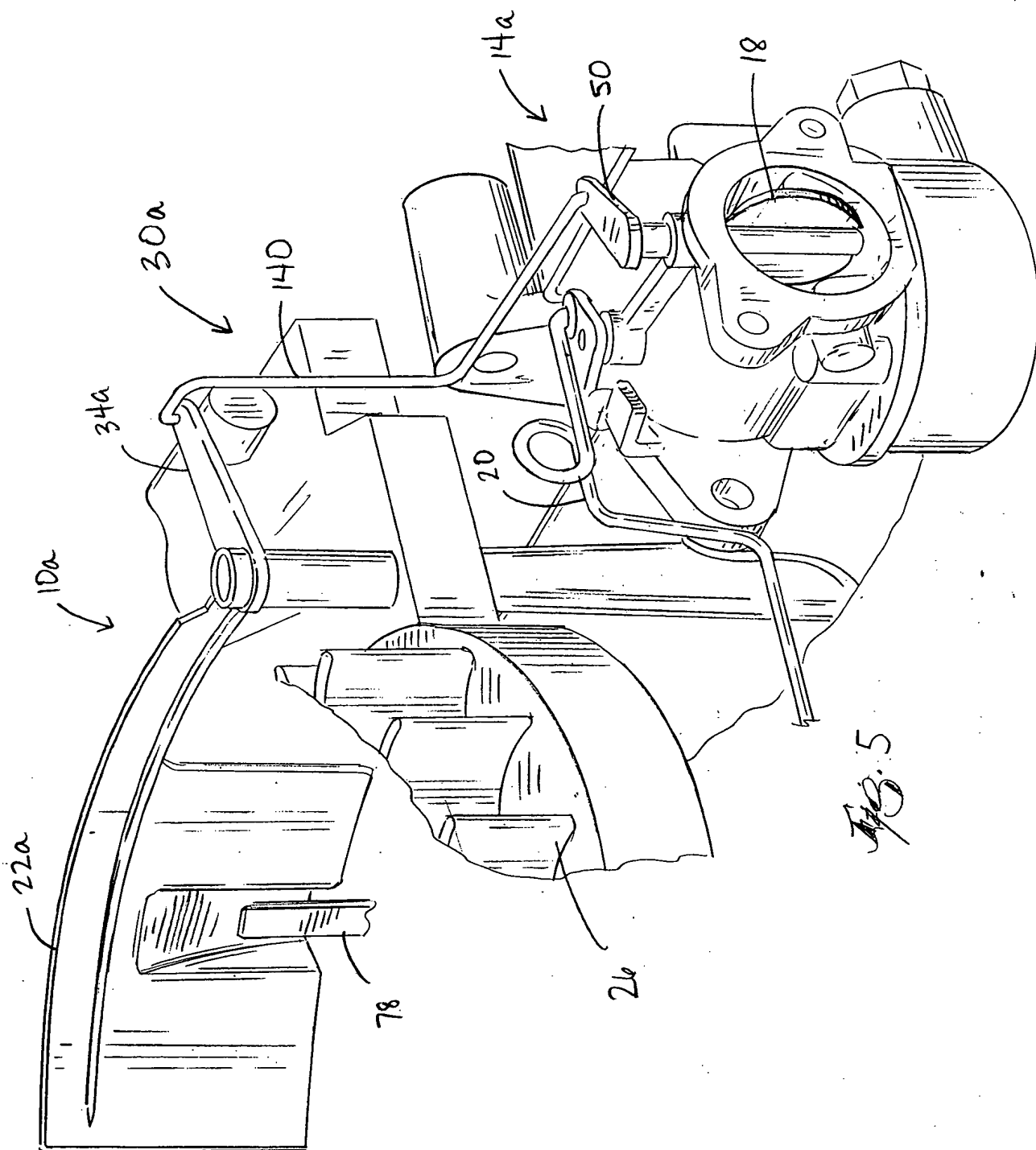
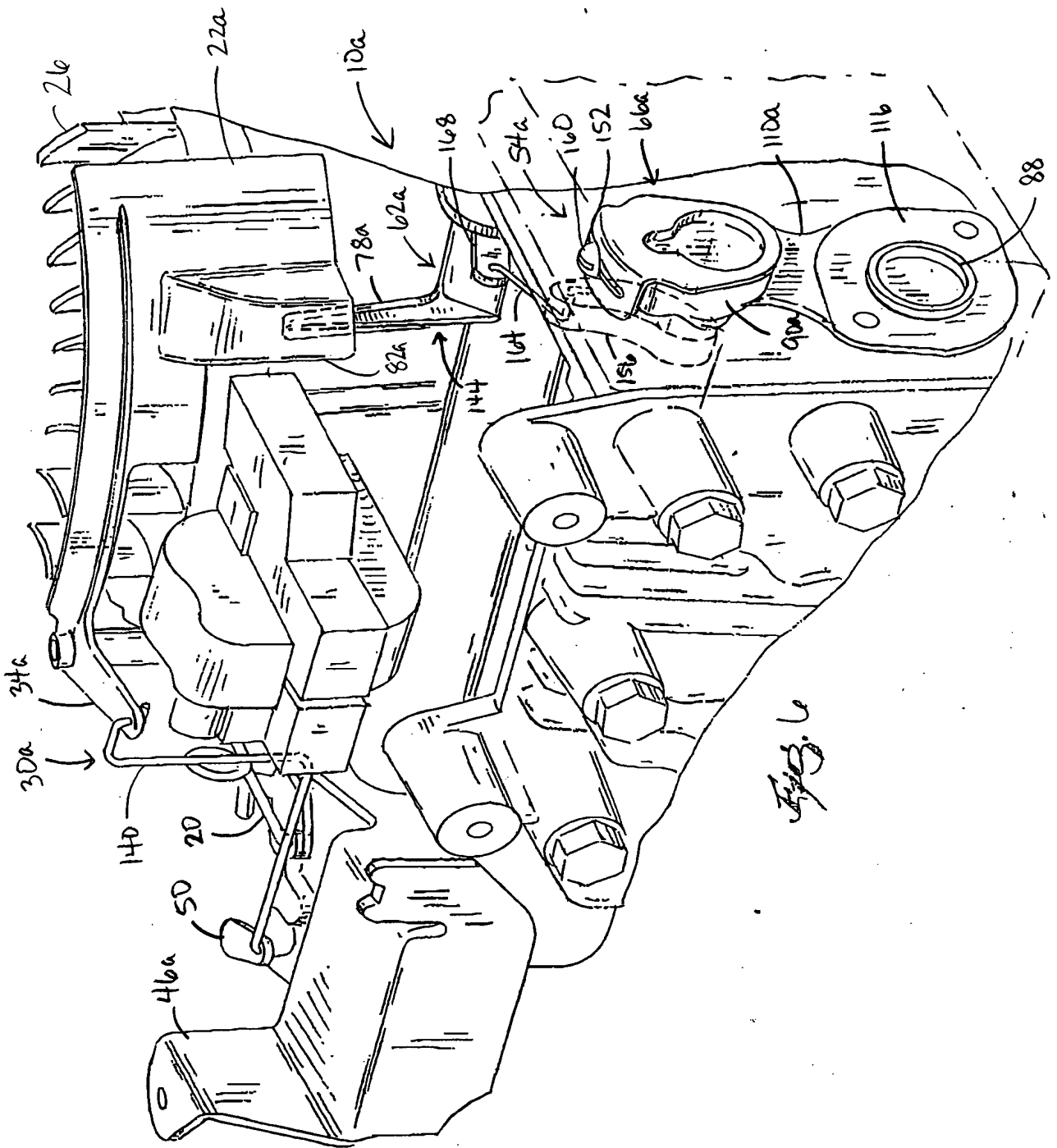


Fig. 5



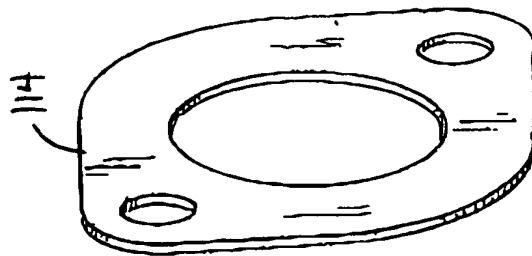
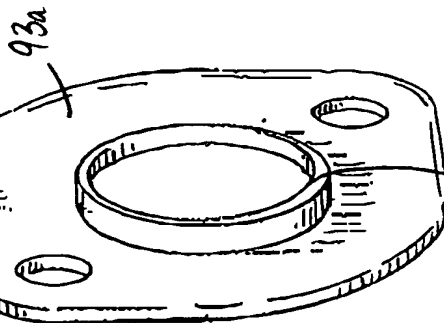
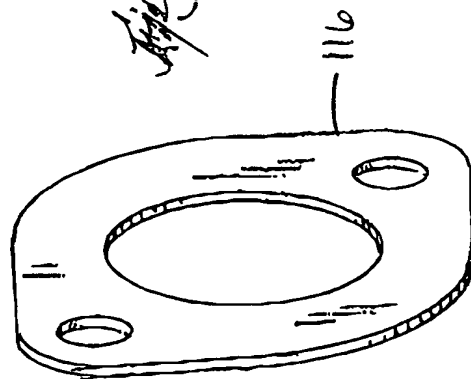
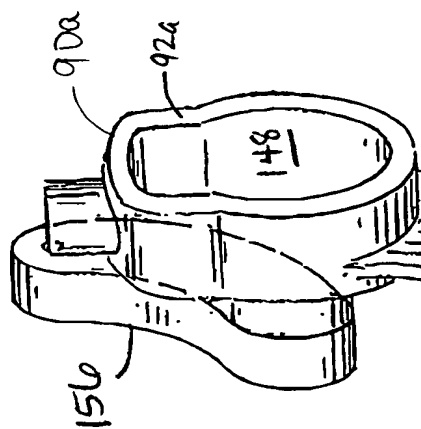
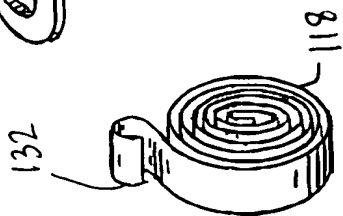
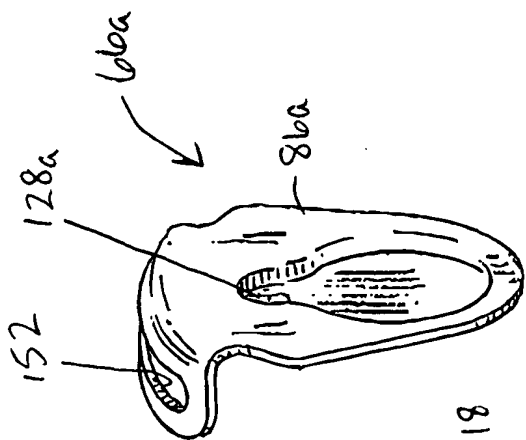


Fig. 7

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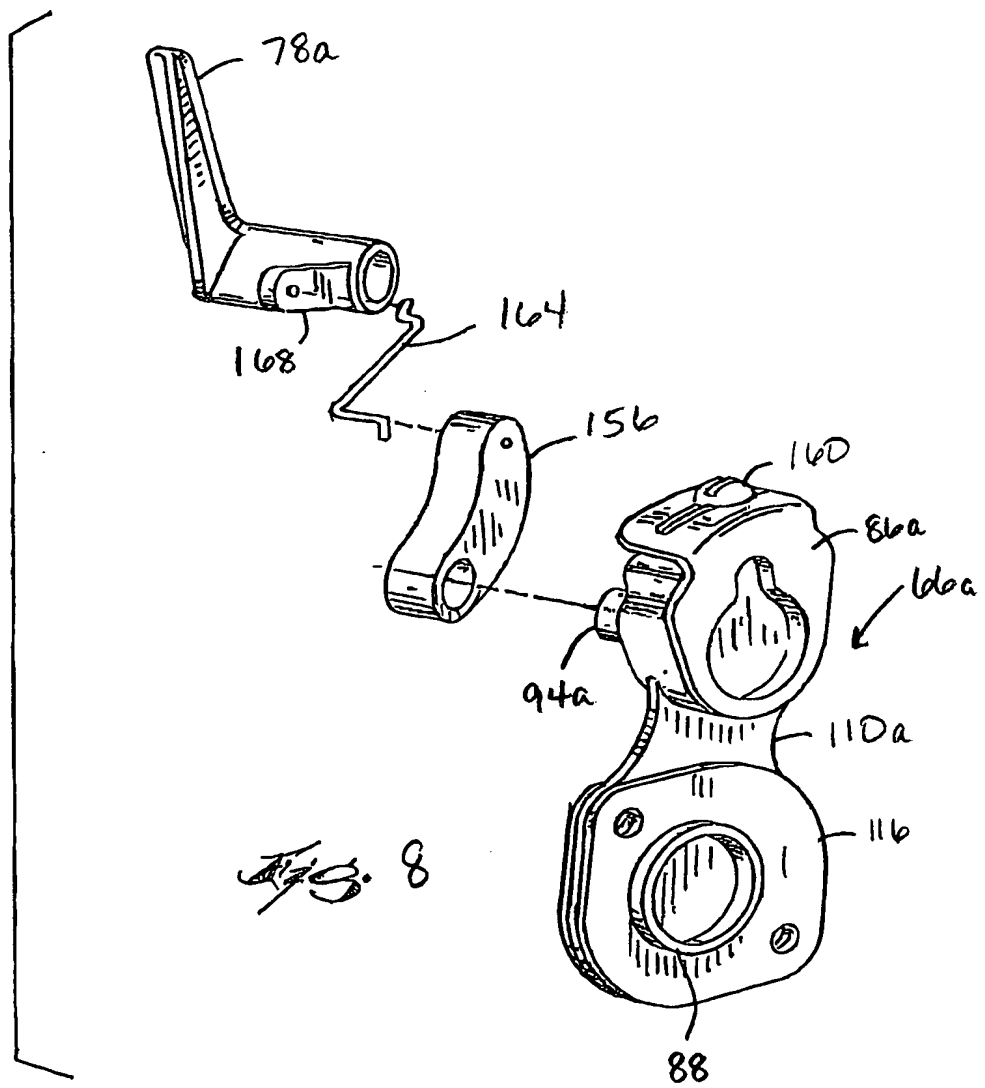
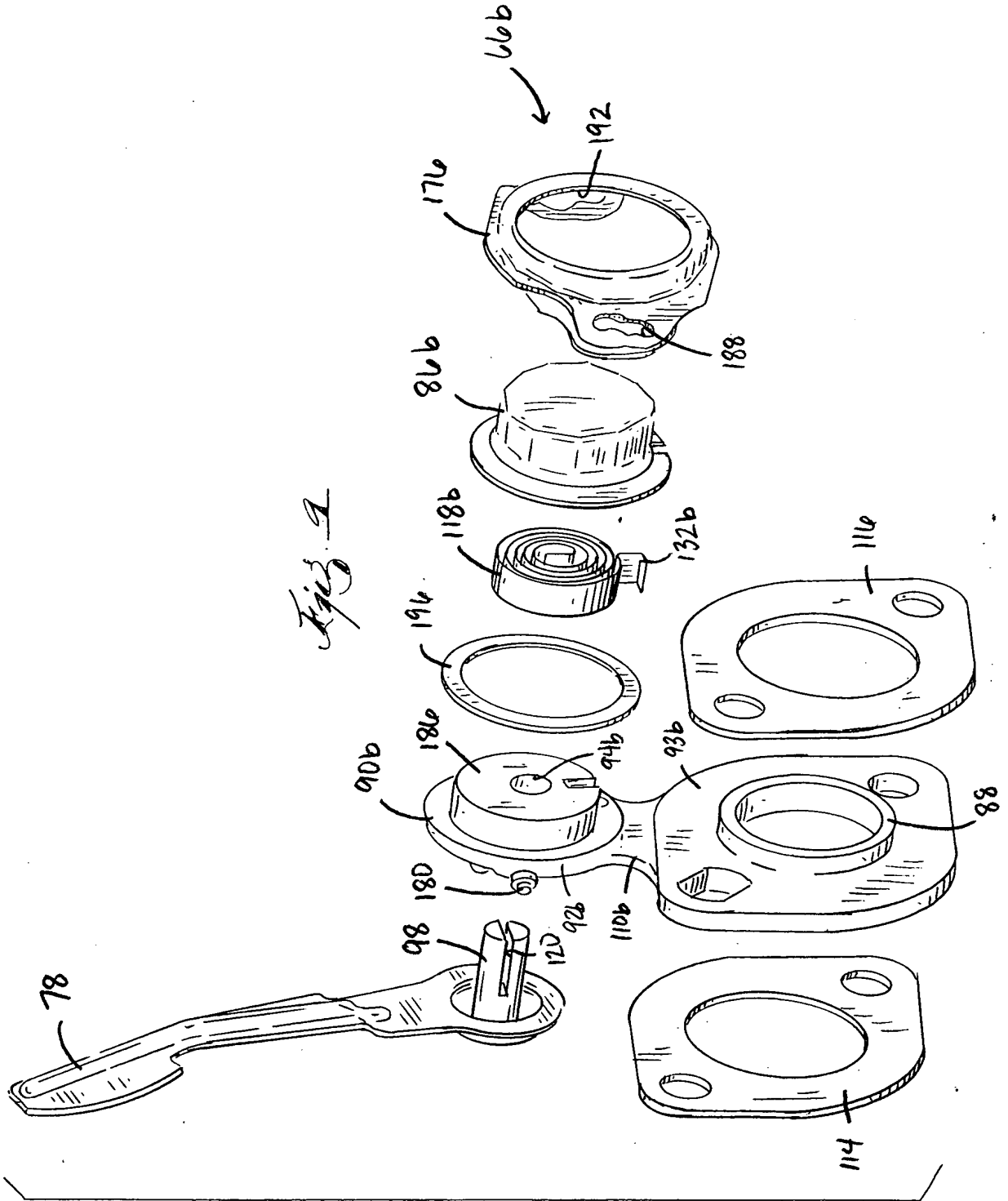
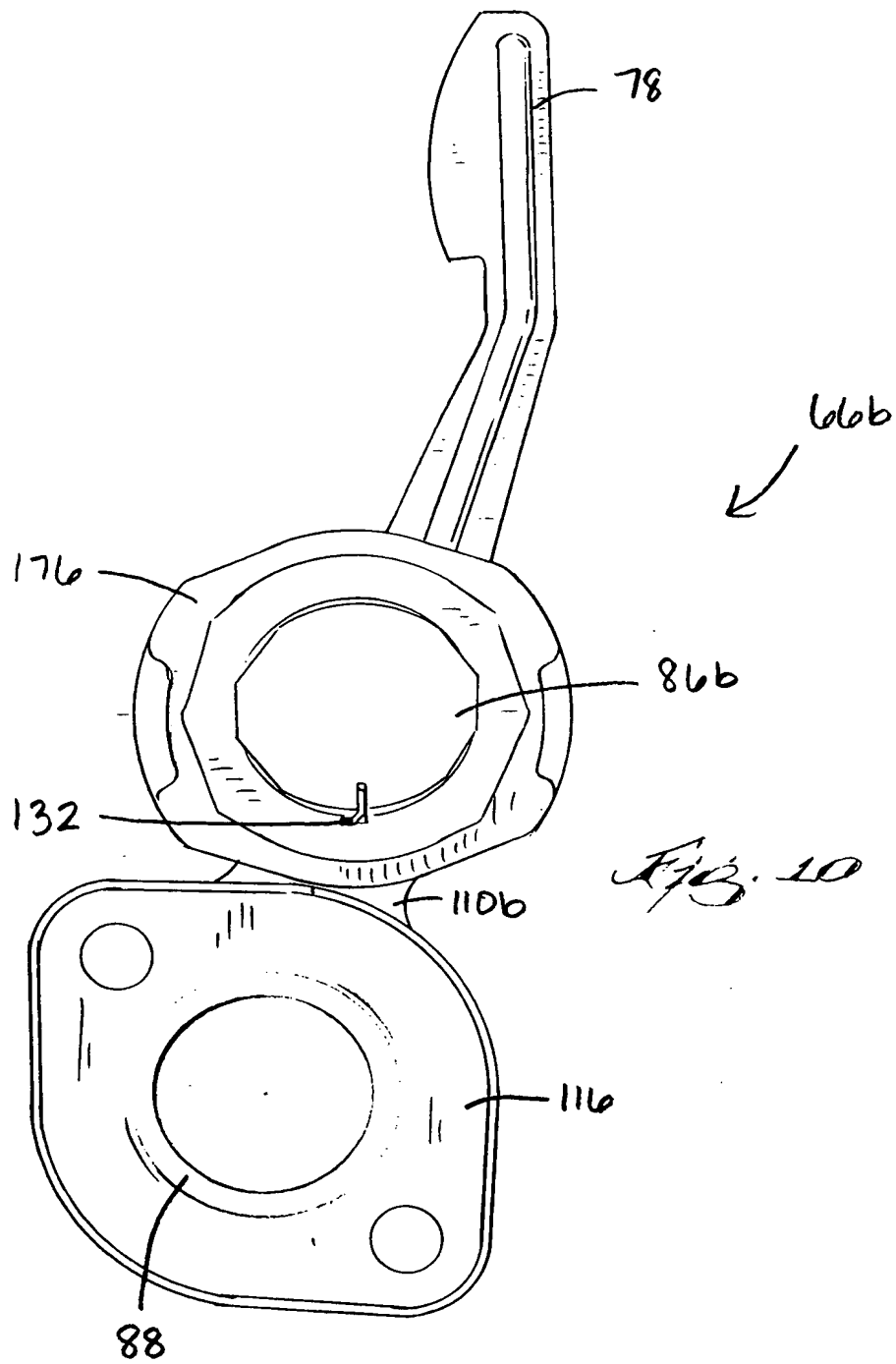


Fig. 8





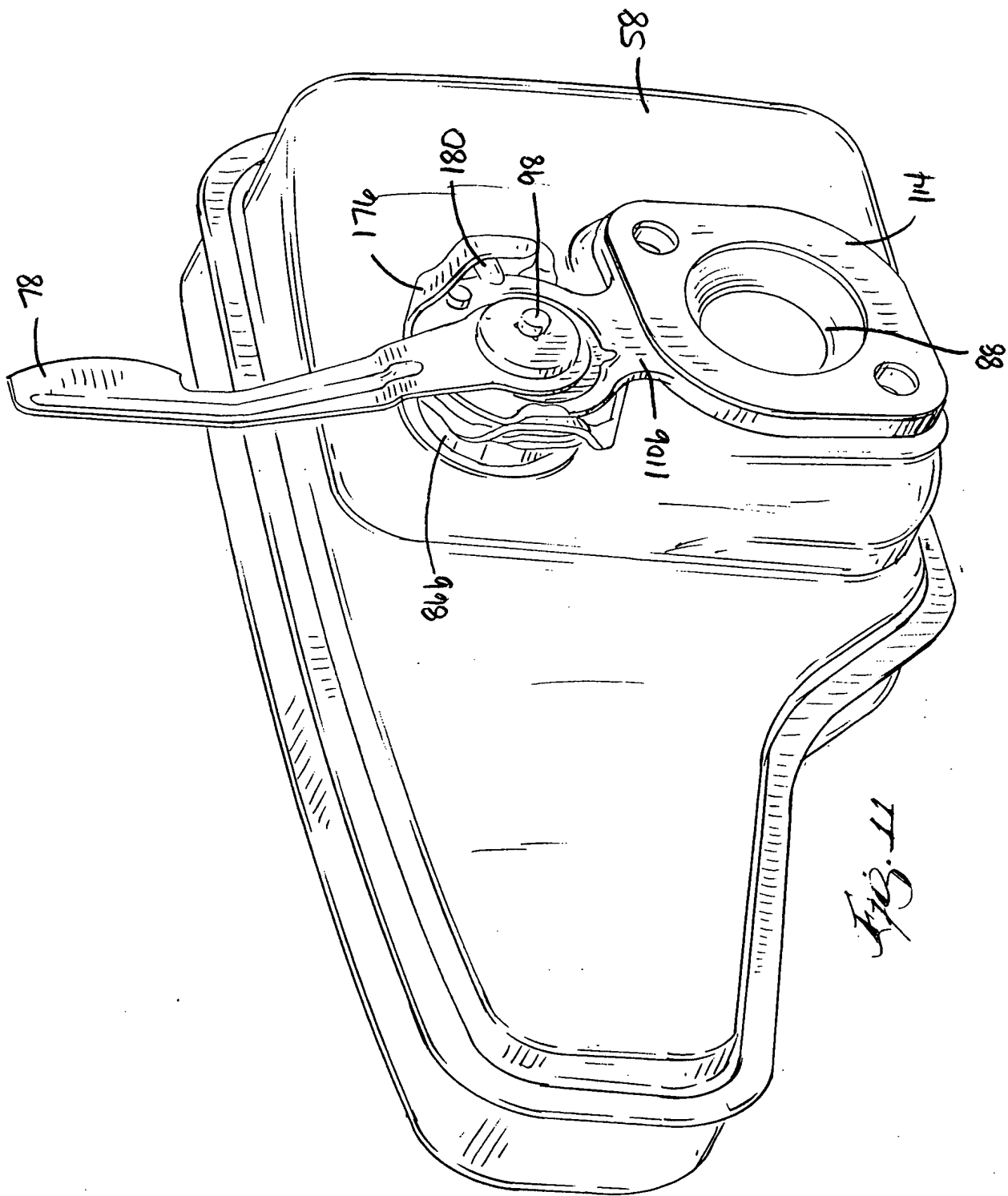
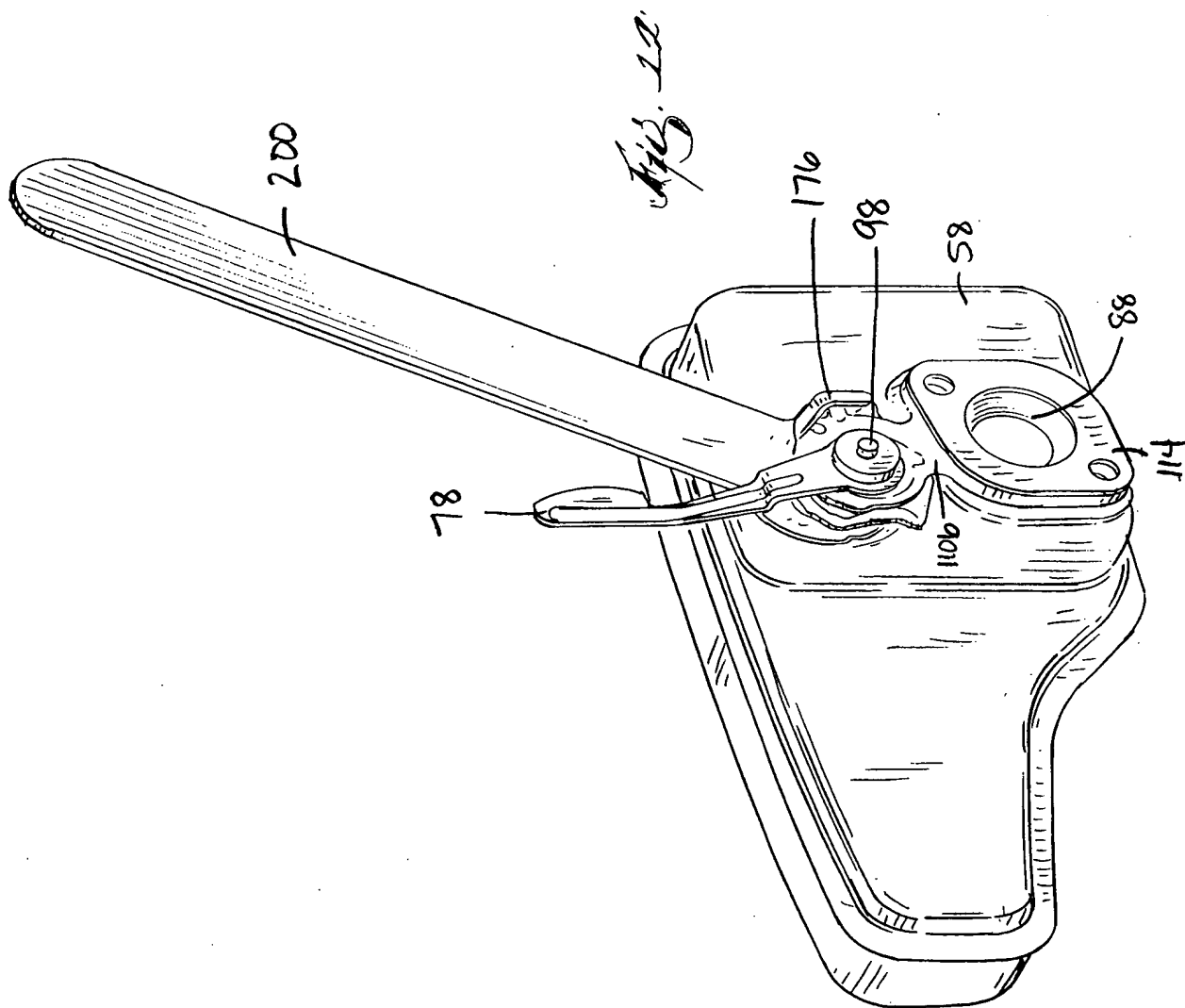
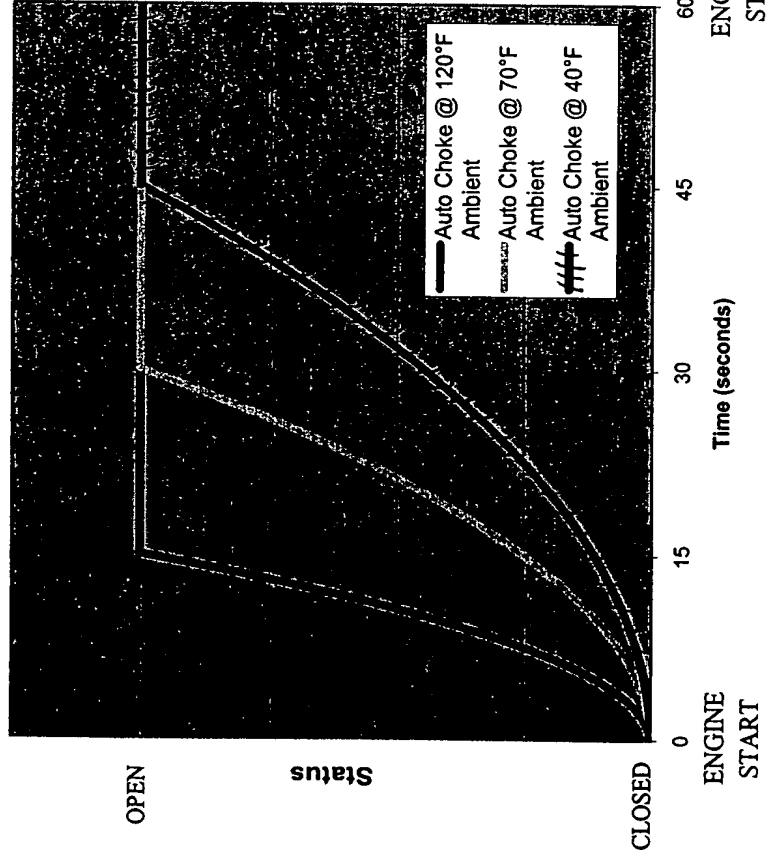


Fig. 11



Warm Up



Cool Down

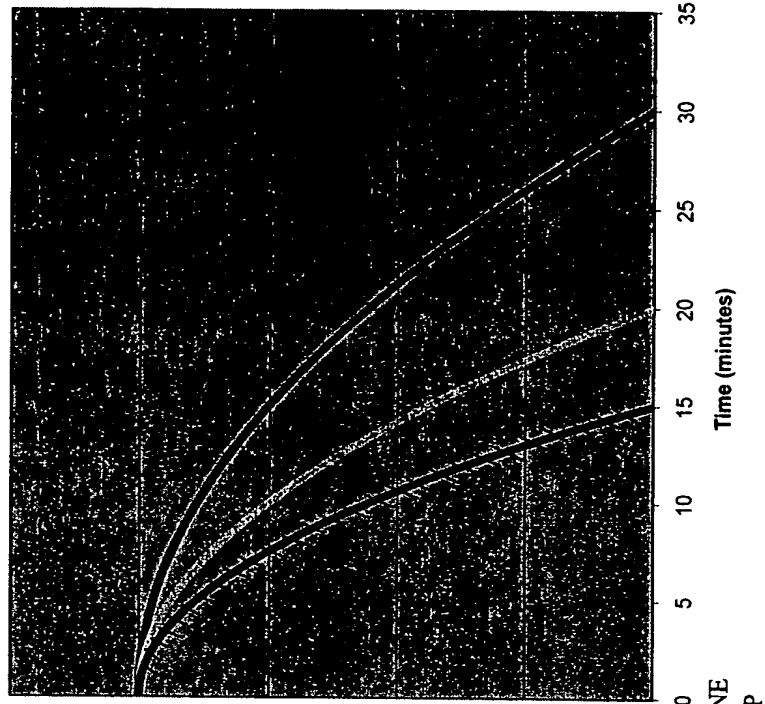
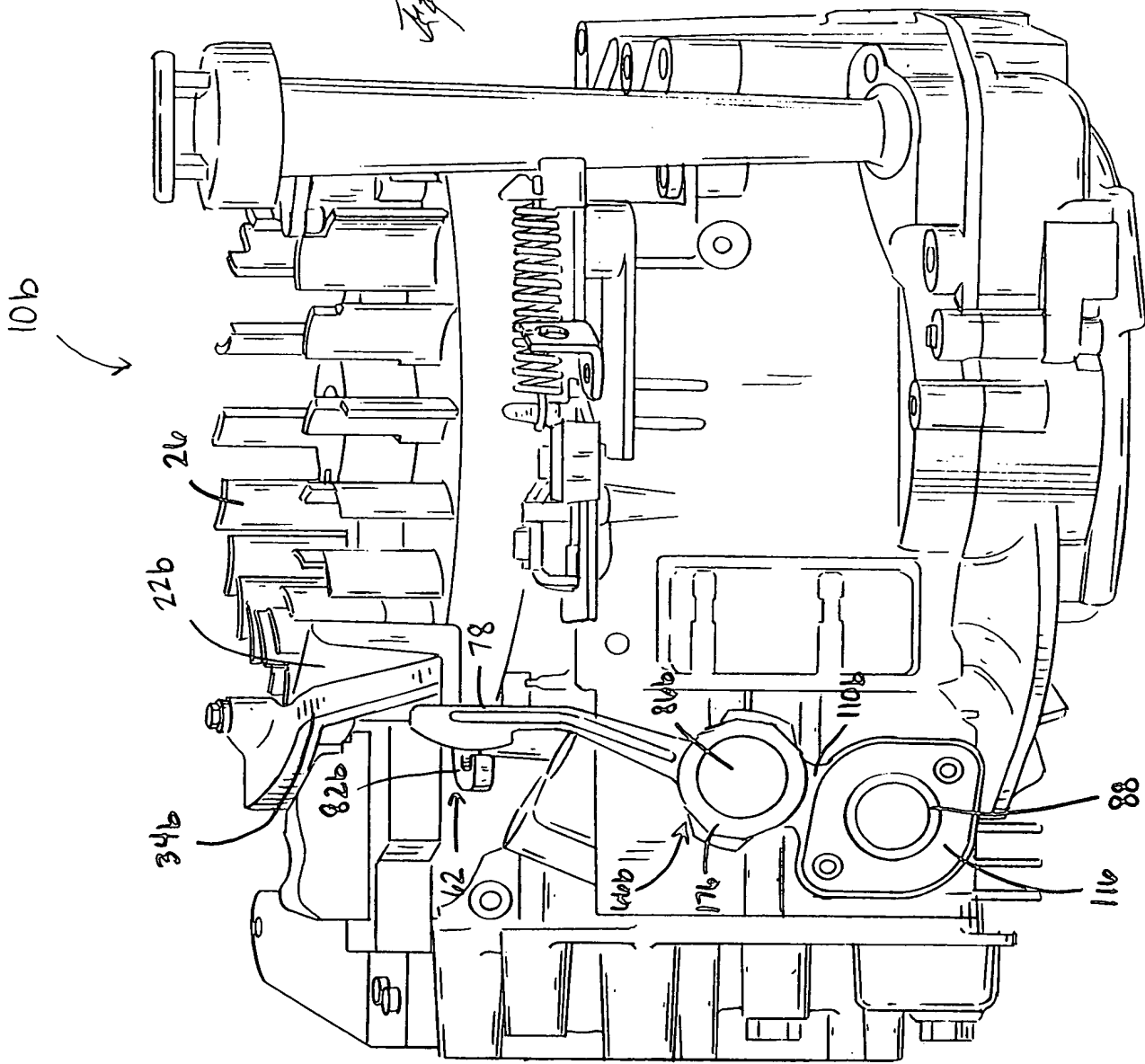


Fig. 13

Fig. 14



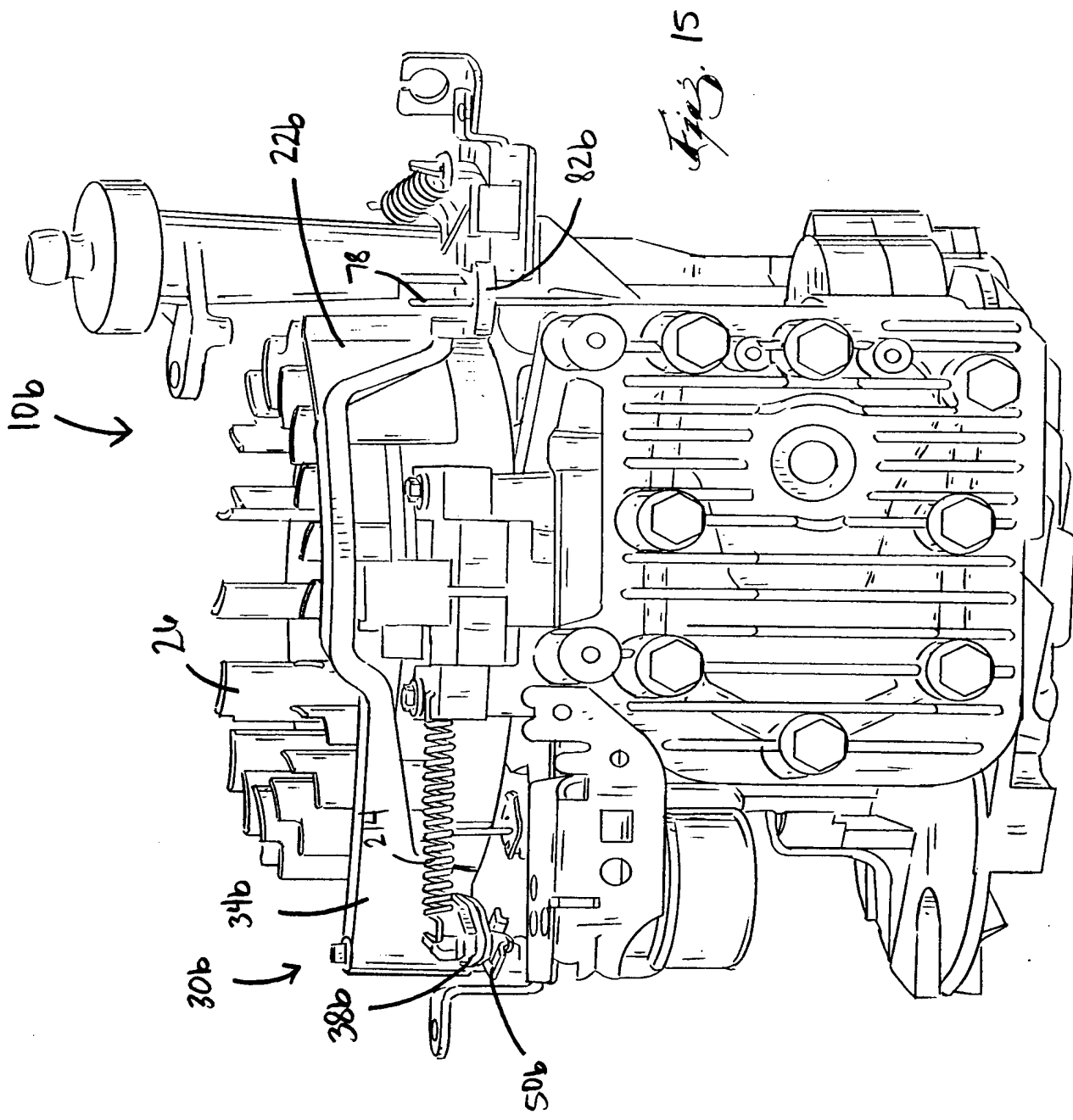
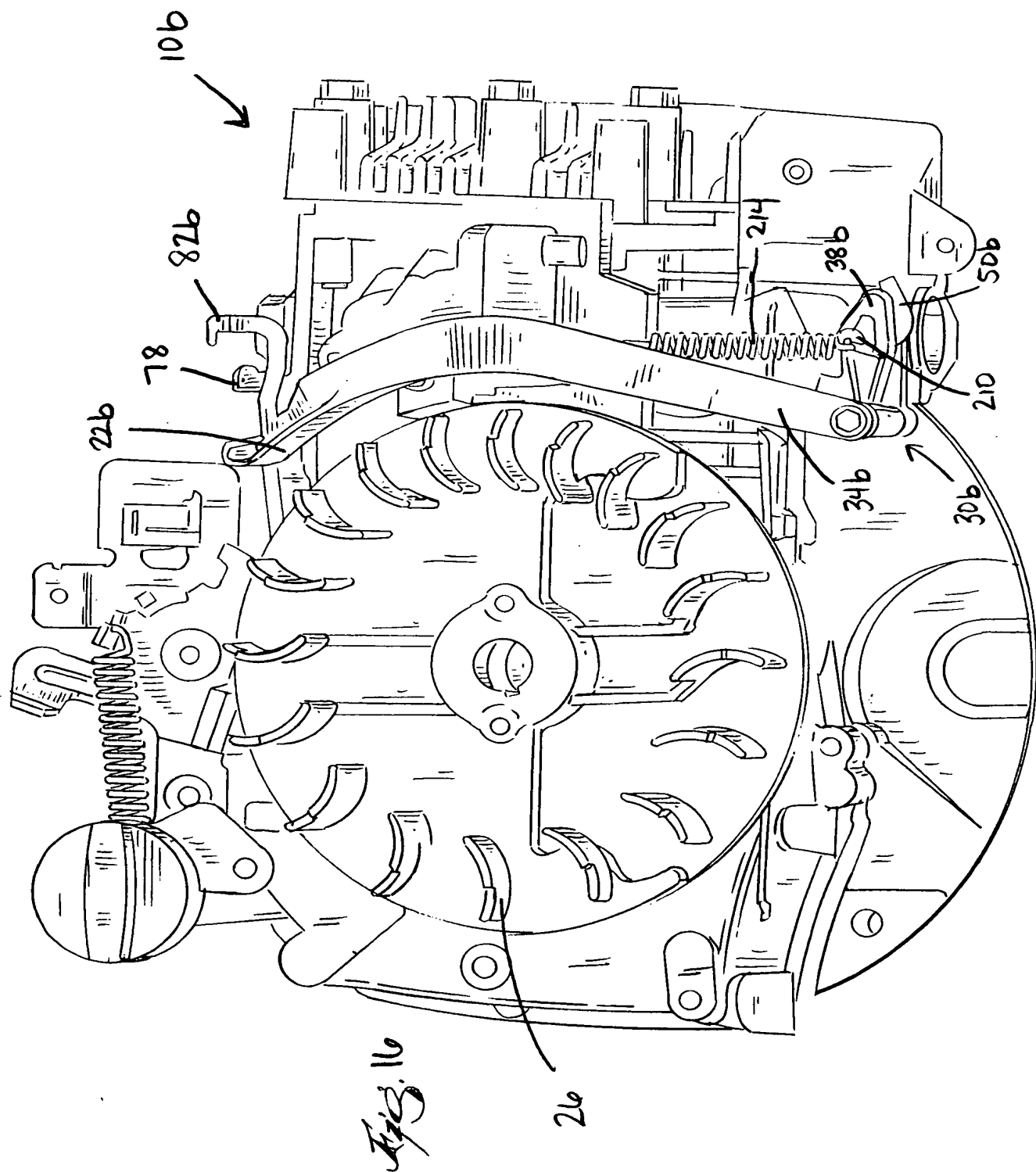


Fig. 15



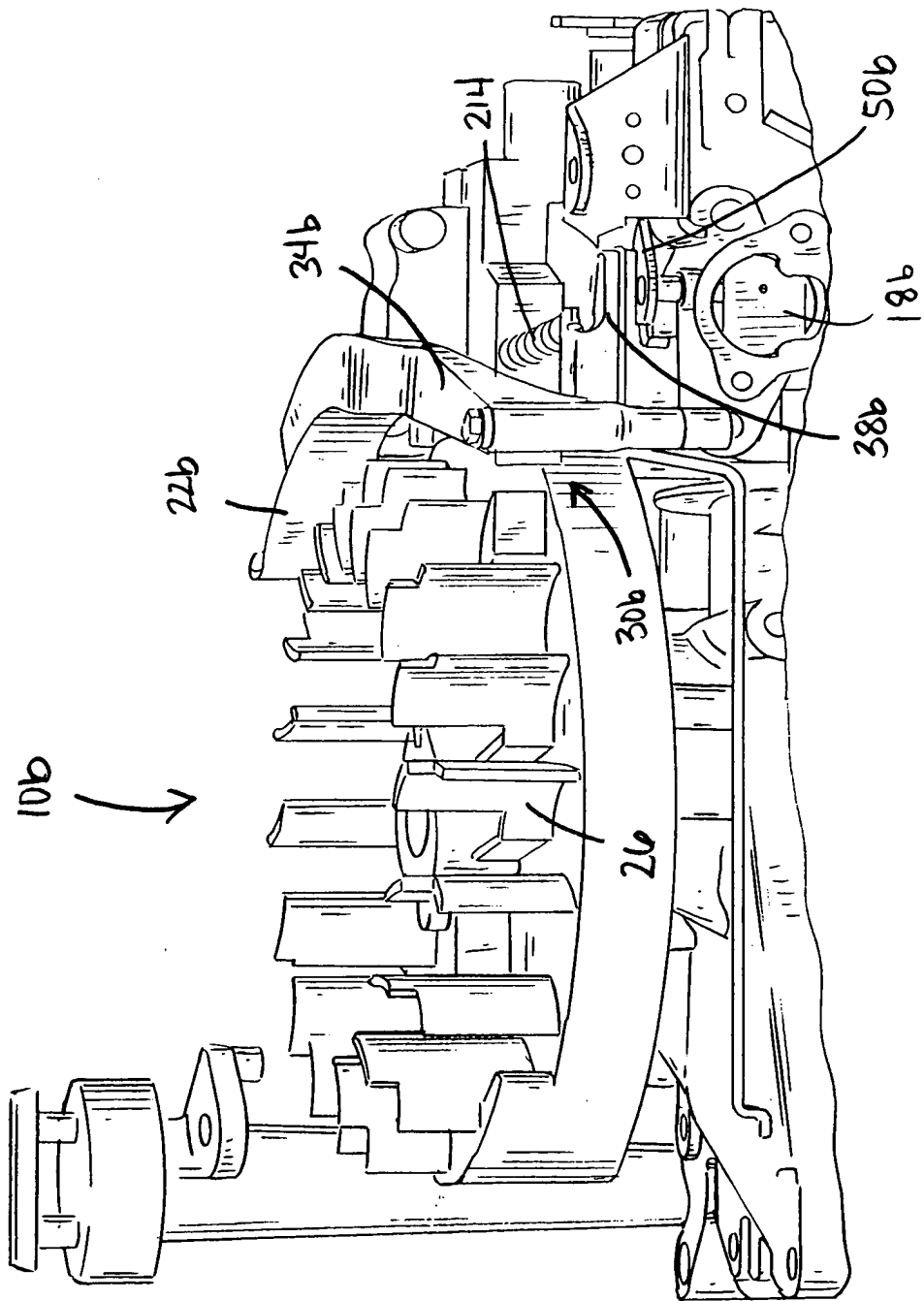
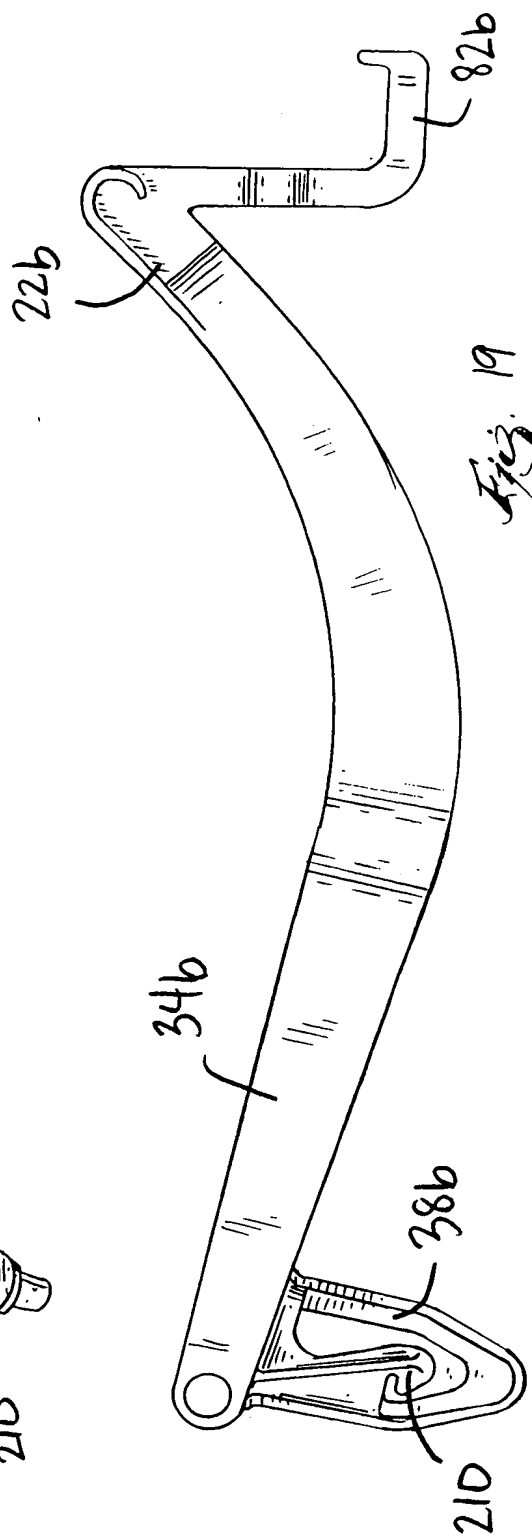
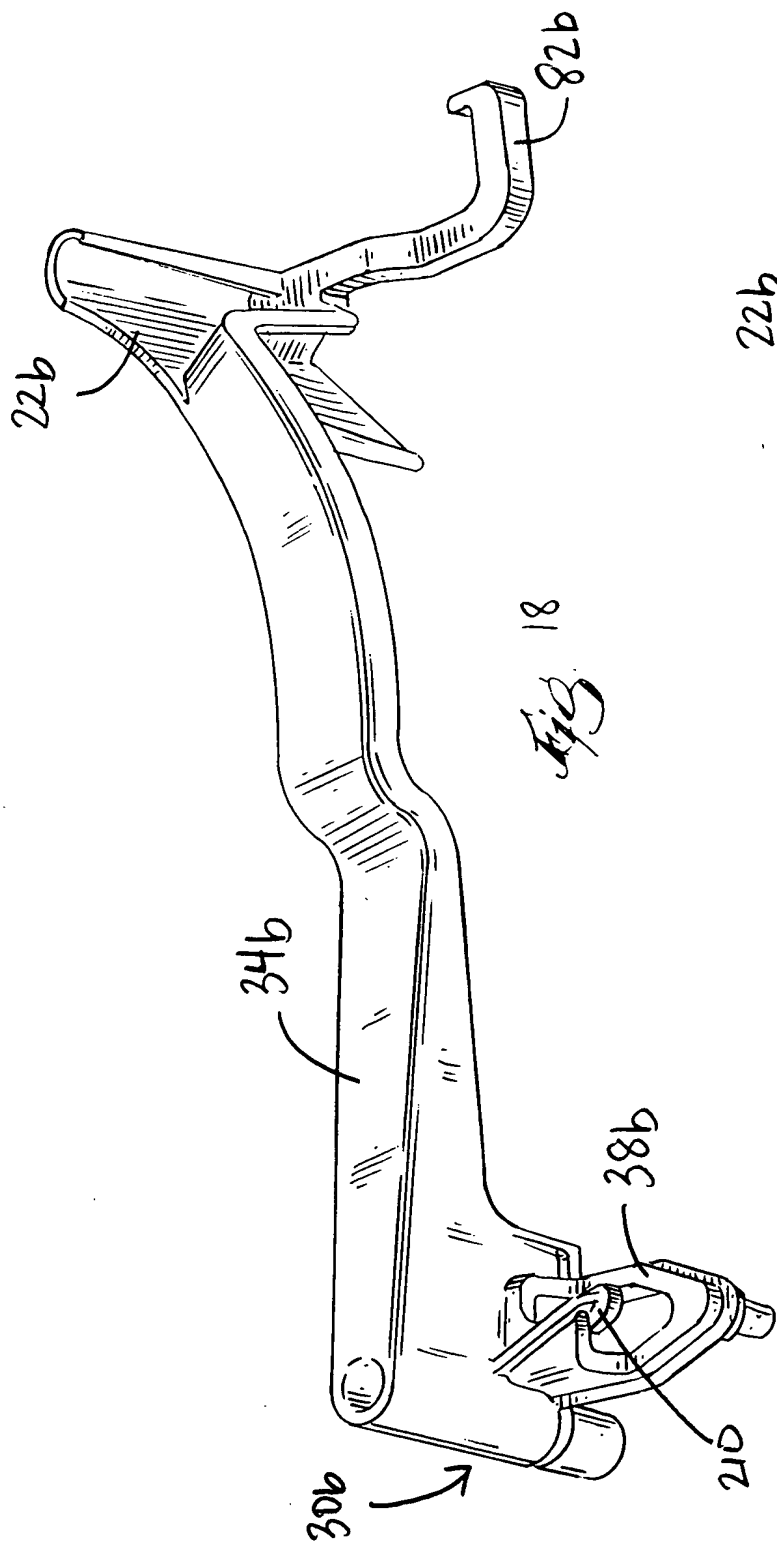
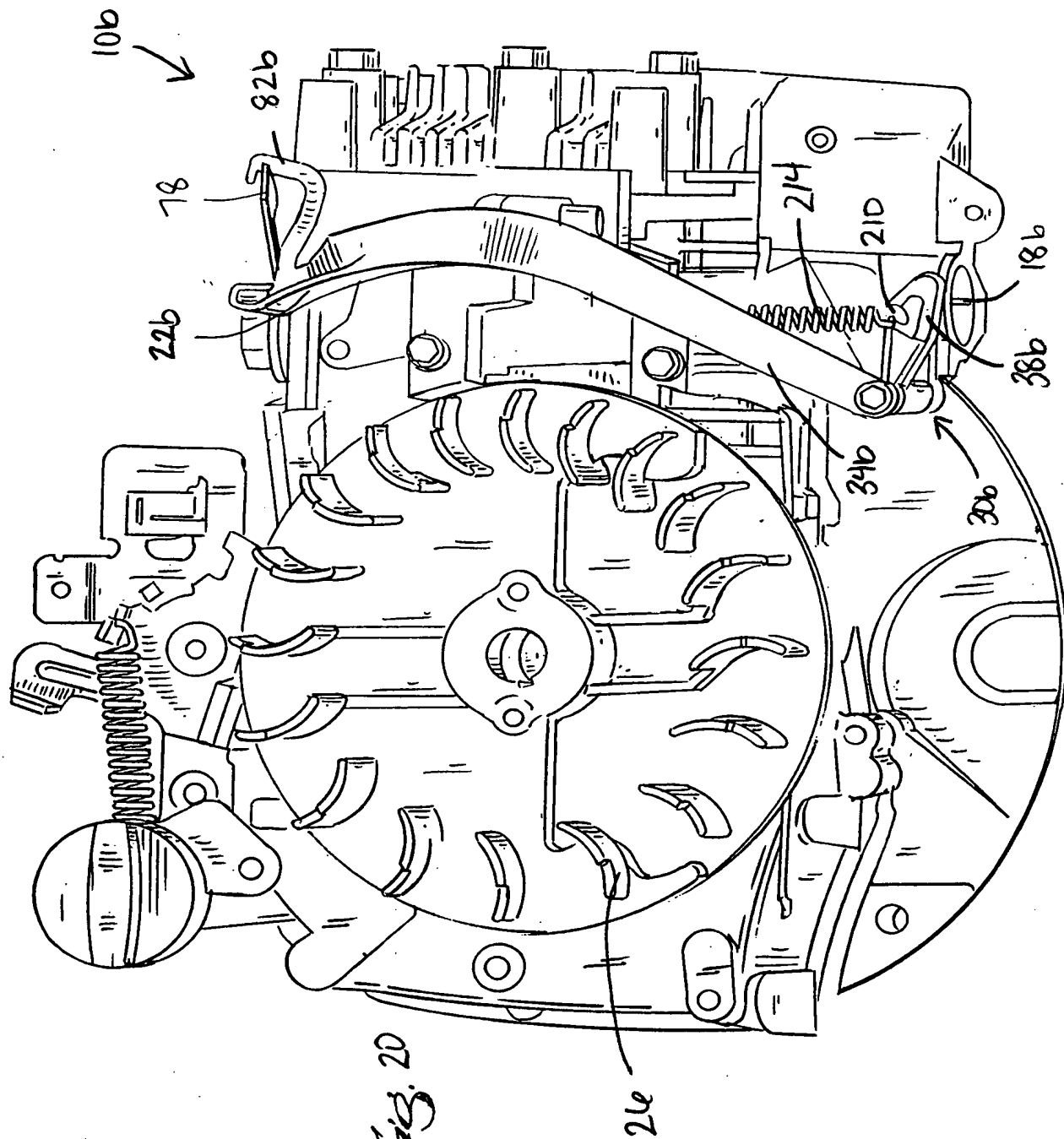


Fig. 17





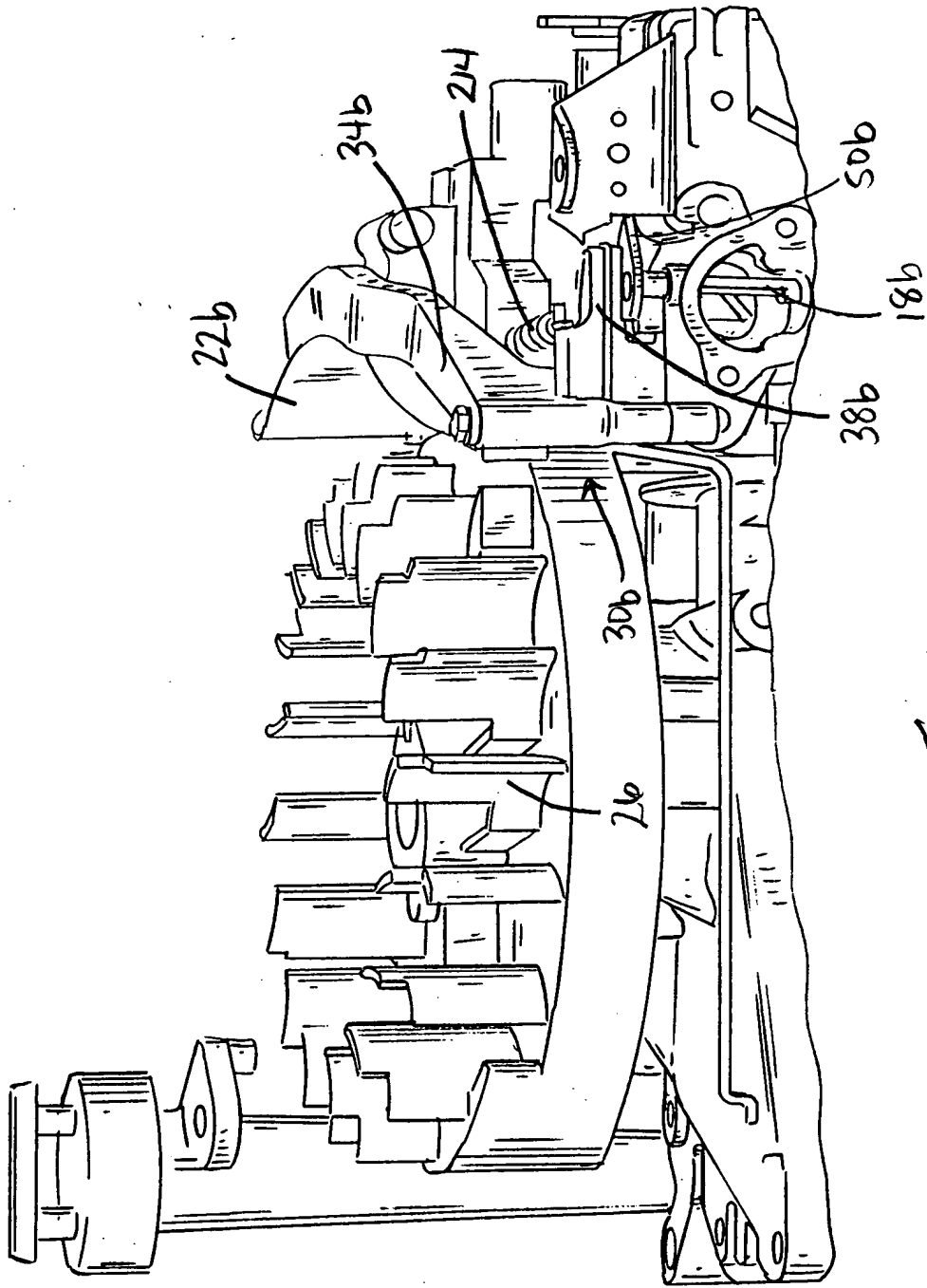


Fig. 21

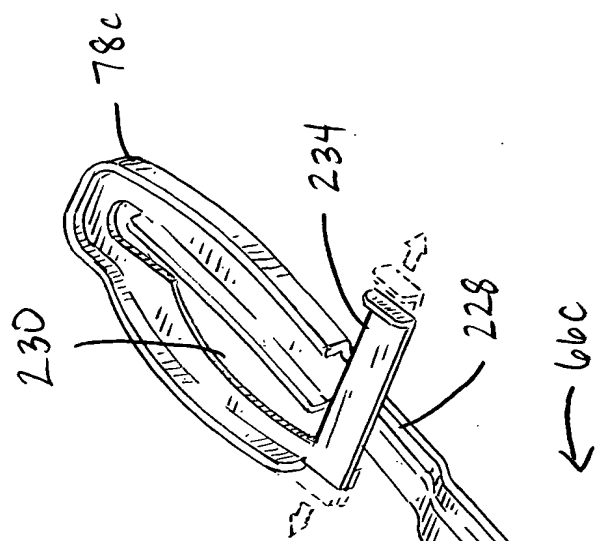


Fig. 22

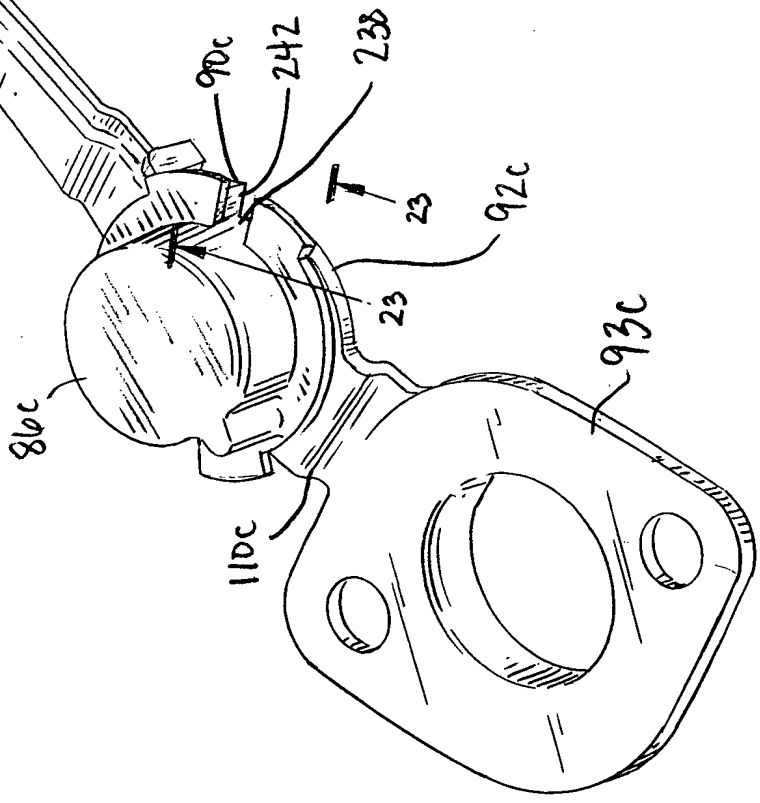


Fig. 23

